**TAKE THE CHALLENGE ~ Simply Points**

**Earn Your Points!**

- **Stay Hydrated** = 10 points each day: Total __________
- **Sleep 7 to 9 hours** = 10 points each day: Total __________
- **Exercise a total of 30 to 60 minutes throughout your day** = 10 points each day: Total __________
- **Eat at least 5 servings of fruits and vegetables each day** = Total __________
- **Utilize stress-less techniques** = 10 points each day: Total __________

**Bonus points:**
- **Attend Lunch & Learn** = 50 points ______
- **Scavenger Hunt** = 10 points each day: Total __________

**Resource Fair**
- Thursday
- Nov. 6, 2014
- Noon - 12:30

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**Week 1**
- Monday
- Tuesday
- Wednesday
- Thursday
- Friday
- Saturday
- Sunday

**Week 2**
- Monday
- Tuesday
- Wednesday
- Thursday
- Friday
- Saturday
- Sunday

**Week 3**
- Monday
- Tuesday
- Wednesday
- Thursday
- Friday
- Saturday
- Sunday

**Week 4**
- Monday
- Tuesday
- Wednesday
- Thursday
- Friday
- Saturday
- Sunday

**Week 5**
- Monday
- Tuesday
- Wednesday
- Thursday
- Friday
- Saturday
- Sunday

**Week 6**
- Resource Fair
- Thursday
- Nov. 6, 2014
- Noon - 12:30